

19th April 2023

Dear Y5 Parent/Carer

As part of the school's Personal, Social and Health Education programme, during the summer term your child will receive lessons on relationships, health, hygiene and puberty.

Nowadays there is a vast amount of, sometimes confusing, information about relationships on the internet, on TV, in magazines, etc which young people may have access to, and this can sometimes make an already confusing time seem even more complicated!

The purpose of Relationship and Sex Education (RSE) is to provide knowledge and understanding of how the human body changes during puberty and the processes of human reproduction, within the context of relationships based on love and respect. It should develop knowledge and understanding which will help pupils to form relationships in a responsible and healthy manner and to appreciate the value of stable family life, including the responsibilities of parenthood and marriage.

If young people can start their transition into adulthood with the confidence and knowledge to understand what is happening to them, they will hopefully grow into confident and healthy adults able to make positive choices. This can start with learning the basics about growing up and the sessions in school may reinforce what you are already doing at home.

The key aims of RSE are to:

- 1 Provide accurate and relevant information about the physical, social and emotional changes that children and young people will experience through their formative years and into adulthood.
- 2 Establish an awareness of the importance of positive relationships.
- 3 Foster self-awareness and self-esteem.
- 4 Develop a sense of responsibility and respect for themselves and others.

The sessions will involve watching a series of films (available for you to view at <https://vimeo.com/user/96707063/folder/729017> alternatively search 'Busy Bodies teaching puberty changes' to locate the videos):

- Introduction
- What happens during puberty
- How boys' bodies grow and develop during puberty
- How girls' bodies grow and develop, including menstruation
- Looking after you

All teaching materials are appropriate to the age and emotional maturity of the pupils concerned and the teachers will aim to present the programme in an objective, balanced and sensitive manner. An anonymous question box will also be available for pupils to be able to ask questions or clarify their understanding throughout the half term.

Parents and carers also play a vital role in talking to children about this part of growing up and keeping themselves safe. There are lots of resources to help parents deal with questions from their children, for example:

- Usbourne books 'What's happening to me?' (One specifically for boys and one for girls),
- internet matters - parents guide for on-line safety
- <https://www.nhs.uk/livewell/puberty/documents/4youmarch2010nonprinting.pdf>

Many manufacturers e.g. 'Always' and 'Dove' also have some interesting teaching and learning materials available on-line.

As a school we have chosen not to teach from video number 5 of the Busy Bodies series 'How babies are made' until Year 6, however you are welcome to use this yourself at home when/if you feel it is appropriate for your child.

All of the sessions delivered in Year 5 are statutory, however, if you have any questions about the content of the sessions please do contact Mrs Edmunds on ledmunds@saltergateschools.co.uk.

Yours sincerely

Mr Fleetwood & Mr Cliffe